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The importance of diet in iron deficiency anemia

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Abstract: In the conditions of modern development, the theoretical significance of the numerical and qualitative description of the nutrition diet of schoolchildren infected with iron deficiency anemia and the procedure for assessing the ration content of macro-and micro-nutrients in the daily ration, the effectiveness of local products in the experimental model called anemia, the peculiarities of the impact on the mental and physical development of, the lack of macro-and micro-nutrients in the daily ration content and functional changes, which depend on taking a solution, is explained by the fact that it is scientifically based.

Key words: iron deficiency, nutritionists, disease, optimization, treatment, healthy, efficiency.

INTRODUCTION

A number of scientific and research studies are being carried out to optimize the effectiveness of treatment of students with iron deficiency anemia in the world with local herbal products. In this regard, the state of health of schoolchildren who are studying in godly conditions and the spread of iron deficiency anemia, the daily diet of students diagnosed with iron deficiency anemia, the development of an experimental model of iron deficiency anemia and the application of local plant products in its correction, the daily diet of schoolchildren local protein-rich plant products peas, significant scientific and practical areas of research aimed at improving the conditions of hygienic assessment of the effectiveness of enrichment with mosh and beans are gaining special relevance.

In our country, the level of alimentary-related diseases among children and adolescents, diseases caused by a lack of microelements in the daily diet of students, their impact on the state of physical

development were not studied, and also the correlation of diseases that occur in them at school age was not determined. No preventive measures have been developed aimed at improving the health status of schoolchildren, daily nutrition, preventing the lack of micronutrients in the composition of the diet, by introducing local vegetable proteins in the Prevention of iron and iodine deficiency conditions and complications among schoolchildren. Today, the lack of scientific work in this direction, aimed at assessing the effectiveness of local vegetable protein-preserving products among schoolchildren, determines the need and relevance of conducting this scientific research work.

The practical significance of the results of the study is the development of novel approaches to activities aimed at improving the health status, physical development, alimentary-related diseases and micronutrient deficiency of schoolchildren with iron deficiency anemia among schoolchildren, the hygienic analysis of the effectiveness of treatment of anemia through local products in the model of experimental animals evaluated the effectiveness of The proposed receptor is explained by the fact that iron deficiency made it possible to prevent anemia, carry out a healthy, local protein-rich diet.

According to the who, iron deficiency anemia suffers from more than 30% of the world's population, most of whom are women and children. The prevalence of anemia largely depends on the standard of living, nutrition of the population, the quality and availability of medical care. Correct diagnosis, including conducting various laboratory tests, allows you to identify this pathology in time and choose the appropriate treatment method.

To assess the global prevalence of anemia, the World Health Organization (who) has a global database that includes cross-population investigations and interventionist studies yaradti. So using data collected in recent years, an estimated 1.6 billion people, or almost a quarter of the world's population, suffer from anemia, with the most common being observed among preschool children and women of reproductive age.

Childhood accounts for 90% of all anemia. It is found in all countries of the world, but its distribution depends on socio-economic conditions, population income, description of nutrition and other factors. Infants and early-aged children, adolescents, women of childbearing age, pregnant women, and lactating women are at high risk of developing iron deficiency.

The etiology of anemia is multifactorial and causes include nutrient deficiency, chronic infections, hereditary diseases of the blood, obesity and chronic non-infectious diseases. Dietary iron deficiency (PTT), hereditary blood diseases (sickle cell anemia, thalassemia), malaria, ankylostoma and schistomous damage are the most common causes of anemia. The contribution of these factors to the overall prevalence of anemia varies in size depending on the general conditions of the population group, Region and environment.

Currently, the main causes of iron deficiency are insufficient iron intake (insufficient nutrition, vegetarian diet, malnutrition), a decrease in iron absorption in the intestines; violation of vitamin C metabolism dizziness; excessive intake of phosphate, oxalate, calcium, zinc, vitamin E into the body, ingestion of iron-binding substances into the body; poisoning with lead, anthocides; excessive iron consumption (during periods of rapid growth and pregnancy), injuries, surgical procedures, excessive blood loss during menstruation, wound diseases, donation, iron losses associated with sports activities, hormonal disruptions (thyroid dysfunction); gastritis with a decrease in acid-forming activity, dysbacteriosis; various systemic and malignant tumor diseases and vomiting diseases.

In anemia and other functional disorders, the main changes in the nutritional structure of children are manifested in the excessive consumption of foods of high energy value (high in sugar and fats), insufficient intake of dairy products, vegetables and whole fruits, vitamins and minerals. An imbalance in the intake of essential nutrients has led to an increase in the number of diseases associated with nutrition. Overeating is a diet that exceeds the established daily norm of consumer substances, as well as high levels of lipid, carbohydrate and salt in the nutrition of preschool and school-aged children, which is carried out with the use of low-fat food, which is considered one of the most serious problems.

Authors Savva S.C, Kafatos A. (2014) the purpose of the studies conducted is to provide examples for children and adolescents to eat, which may be sufficient to meet the age-related demand for iron without the consumption of more red meat than the recommended requirement, which is one or two times a month. Recent recommendations predict the demand for red meat in both children and infants in order to prevent iron deficiency. However, frequent consumption of red and processed meat can be associated with high risk of developing cancer, cardiovascular disease, and diabetes.

Also, the data testifies that even diets associated with eating a small amount of red or white meat on vegetarian diets, as well as dietary deficiencies identified in research by Iron sqqator authors, are developed in accordance with the recommendations of children's nutritionists and pediatricians, recommend eating quality products of children's food created at food production enterprises and correcting their diet.

The daily ration should not be adversely affected by the introduction of Moss, beans and peas from the products of the maxillary legumes to prevent the disease and develop an effective tabby way treatment procedure.

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